



## BASIC CONCEPTS OF THE SYSTEM OF ATHLETES` TRAINING

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**ANNOTATION:** *This article is intended to show that educational training gathering is one of the important tasks for athletes to achieve good results.*

**Keywords:** educational training gathering, material equipment, basic documents of training loads of gathering, athlete, annual and multi-year cycles, calendar of competitions.

The necessity for doing educational training gathering.

The growth of results observed in recent years in all sports is due to the development of sports science and its approximation to practice, progressive methods of planning and conducting training sessions, an increase in the volume and intensity of physical activity, improvement of the material and technical sports base, this can be explained with the help of increasing competition on sports grounds, etc.

The most important thing that ensures the growth of sports results is the organization of the training process with the subsequent improvement of forms. It is known that currently, due to the requirements for highly qualified athletes, they must train two and sometimes three times in a day. Athletes experience great difficulties in the process of sports training, in conditions when conducting such trainings in compliance with the established procedure, and sometimes it is impossible at all.

Naturally, the efficiency of work in conditions of specially organized educational training gathering will be very high. This explains educational training gathering for highly qualified athletes. However, the necessary results cannot be achieved with unsatisfactory organization of educational training gathering, incorrect choice of the venue of competitions and poor equipment of simulators, as well as with unclear planning of training loads when academic work and discipline are empty. Their basic tasks are to achieve high skill and successful participation in upcoming competitions. The results of the educational training gathering will be determined by the scale of the upcoming competitions and how well the athletes coped. Usually competitions have continued for 15-20 days. The number of participants in the gathering should be such that there are enough partners to conduct a dispute. In accordance with the specific goals and objectives of the gatherings, the place is



chosen. These may be climatic conditions, altitude above sea level, local terrain, availability and quality of sports facilities, training facilities and living conditions. The curriculum of the gathering is the basic document. It should have the following information:

1. Goals and objectives of the gatherings.
2. The place of doing educational training gathering.
3. Dates of the event.
4. Number of participants.
5. Number of administrative, natural and scientific workers with indication of their positions.
6. Duration of the training cycle.
7. The number of training trainings in a day and the time allotted for them.
8. The list of training facilities, the number of training hours allocated to each of them, and the total amount of hours.
9. The list of topics of theoretical classes, the number of study hours allocated to each of them, and the total amount of hours.

The basic factors on which the effectiveness of the training process in the training are:

1. Permanent staff of highly qualified coaching.
2. The optimal composition of study groups in terms of number and level of training. This will help each athlete to pay due attention to their individual training.
3. Medical and pedagogical observations carried out by a doctor and members of permanent complex scientific groups; the presence of a complex of restorative means that help the coach to control the volume and intensity of training loads and bring athletes into a state of athletic form during responsible competitions.
4. Well-organized, high-quality high-calorie food. Compensation of an athlete's energy consumption primarily depends on.
5. Well-organized educational and cultural work.
6. Using extensively with visual equipments.
7. Timely and high-quality preparation of sports equipment and equipment for training.



Moral-volitional and psychological preparation for sports is a process of moral-volitional education carried out in accordance with the pedagogical skills used in the conditions of sports activity. Educational training gathering are developed for each week and include two to three weeks. It is known that modern sports training require generalization and ordering of the available theoretical and practical knowledge. A number of scientists have developed models for the organization of training on annual and multi-year cycles. They are significant parameters of the training volume and numerically reflect the most important parameters of the content, volume and distribution of the training load over time, due to the calendar of competitions, tasks to be solved at this stage, the periodization of training, which has become traditional, and a number of other factors. As prerequisites for the development of annual cycle training models, the following should be fulfilled:

- Study of practical experience in organizing training of leading athletes and training of national teams;
- Checking the dependence of the dynamics of the athlete's condition on the content, volume and distribution of the training load;
- Determination of the rational orientation of training in the dynamics of the level of special performance of athletes in the annual cycle in accordance with traditional training cycles and competition calendars;

It is necessary to develop a principled, and then based on it, an individual model for building an annual cycle. The analysis of special literature and practical training experience allowed specialists to conclude that the traditional forms and principles of training organization that developed many years ago do not satisfy the tasks of training highly qualified athletes today. Currently, it is known that one of the prerequisites for developing a learning model is the analysis of practical experience. In the process of such an analysis, it is envisaged to study the fitness of highly qualified athletes in the annual cycle, as well as to determine the exact size of the volume of training load used by athletes.

Professor YU.V. Verkhoshanskiy (1983) co-authored as the main factors determining the principles and forms of building a training model, the general patterns of the relationship between the state of athletes and training load, as well as the patterns of the transition of the wrestler's body from one state to another under the influence of



regular training. Among the particular conditions affecting the ways of carrying out these repairs in each particular case are:

The traditional periodization of the annual training cycle and the calendar of specific competitions for the current year, the peculiarities of the skill level and special training of the athlete, the nature and direction of classes at previous stages of training, the tasks facing the athlete, the intensity of competitive activity and others. However, it should be taken into account that isconditional such a division recommended by scientists.

It is known that with the traditional method of organizing the training process, special physical and technical training is carried out almost simultaneously. It is worth saying that if you continue training at this pace, its intensity also increases with an increase in the total amount of load. Then the volume decreases, the intensity continues to increase.

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